

# Rollin'

*News letter of the Silver Wheels Cycling Club*

*November, 2011*



Editor's Column  
By Larry Best

**So there I was minding my own business as usual, when all of a sudden** Dan Roob sent me an email that said, "Let's get together with Steve and Sandy Woosley before they move." **HUH?** Apparently I was one of the only club members that was unaware that they were leaving the area. I was surprised and saddened to hear this. The Woosleys have been one of the anchors of the club for many years. Leading rides, attending almost all functions, planning events, and riding (a lot) doesn't begin to scratch the surface of who they really are. They're the kind of people who would do anything for anybody; some of the most genuine, nicest, most generous people I have ever met. I consider both of them to be close, personal friends. Steve and Sandy... you will be missed by all who know you, and there are very few who don't.

## **Limping Home By Ed Stewart**

The occasion was probably the last ride of the year for Silver Wheels on Monday,

December 26. December had been especially good to us, weather-wise, so a handful of rides had occurred during the month, albeit often cool and breezy.

This ride was scheduled for Willow Park to Medina – a lunch run of 37 miles or so roundtrip. With a southwest wind of around 10 mph and temps in the mid to upper 30's we were in pretty good spirits even though it could have been better. Having the sun shine down on us made a huge difference, though.

We dined at the little coffee shop on the square in Medina, with a name I can never remember... something Brew or Beans. Really good food and nice staff; a comfy coffee house atmosphere inside and people don't frown at gaudy clothed older folks who come in all sweaty.

Our ride back faced into the wind a bit more but we were energized from the repast and glad to be riding at all in late December. Once we headed more northerly on Abbeyville Road, even the wind was our friend... oh, and it's a bit

more downhill there, too. We turned west onto Neff road and slowly, grudgingly climbed our way out of the valley.

Neff flattened out and we felt we were in good shape to close in on the final ten miles, headwind and all. Then Joe Etzler said something about his rear feeling mushy. When a guy like Joe says something like that you just never know exactly what he means. Rick Wells chimed in and confirmed he looked a little low. We all pulled over and confirmed, Joe's rear tire was going flat. You know it requires a full committee for such a confirmation.

Joe is an old hand at flat fixing so we never offered to help and chose to watch and snicker and make rude remarks – typical bike chatter in such situations. We all agreed had it been Sandy Edmonds whose rear had gone mushy we would have all been there to help her, but not so with Joe.

We had pulled into the concrete drive of a home on Neff. Soon a lady was at the front door offering assistance; I pleaded for beer of course but she turned me down. Soon her husband came home then came out to supervise. He was a cyclist too and we all shared stories, mostly true.

Soon enough, Joe's tire was back on the bike and ready to roll. We thanked our temporary hosts (in spite of ignoring my request for beer) and left into the wind, more or less.

We had gone about a mile or so and Joe said his rear felt mushy again. We looked and confirmed it was low – not flat, but not to be ridden far on either. He had already used his one good spare tube so we concluded that since it was only a slow leaker and we didn't have that far to go and we all had a variety of inflation devices with us he could just ride until it was low again and re-inflate as needed.

That's just what we did. For the remaining eight miles we stopped four more times, allowing Joe to add air to his slowly leaking

rear tire. It made for a staccato stop and start ride for the last half hour or more but we didn't care. Eventually we got to the point where Joe took Crook St. back home and we went on to Willow Park.

So we ended the year on a nice note of togetherness and friendliness that characterizes our club. It is far more important to us that we work together and ride together than it is to just accumulate more miles. Silver Wheels is a very social club and that value has made it much of what it is today. We truly enjoy riding together and helping each other out. And we learned that there is a certain house on Neff Road where they will be very friendly too. But forget about a free beer – ain't gonna happen.

### QUOTES:

**By Dan Roob** "I figure I can't possibly get hit by a car. My bike is all black and I'm dressed in all black. If they can't see me they can't hit me, right?"

#### **By Larry Best**

"I didn't fall. The ground looked like it needed a hug."

**By Anonymous** "All bicycles weigh 40 pounds. A 20-pound bicycle needs a 30-pound lock. A 30 pound bicycle needs a ten-pound lock. A 40-pound bicycle doesn't need a lock."

**By John Howard** "When I was a kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn't work that way so I stole one and asked Him to forgive me."

**Got a quote?  
Send in.**

## Silver Wheels Board and Leadership Retreat Summary



Over the weekend of Friday, January 6 through Sunday, January 8 the Silver wheels Board of Directors, Committee Chairs and interested members participated in a retreat to work on programs and plans for 2012.

Every year since 2000 the board has done this sort of study and planning in various formats. This year's retreat was the best attended ever, with 17 participating. These included the following: Ed Stewart, Cindi Conrad, LaDean Hutter, Kathy Yourkiewicz, Gary Schmitt, Rich Kolofer, Joel Edmonds, Jim Wiley, Joe Etzler, Eva Weber, Tom Weber, Bob Burkhardt, Larry Best, Karen Paulsen, Sandy Edmonds, Lynette Paine, and Mark Kasmak. The entire club is indebted to their dedication to this work. Five separate works sessions were completed from Friday evening to Sunday morning; totaling about 13 hours of formal meetings and discussions. This report is only a summary of actions from the numerous conversations held over the weekend.

### Session 1: review of 2011 Goals

Goal 1 – to retain 80% of membership over 2010; actually achieved 85% retention.

Goal 2 – to increase membership by 10%; actually achieved 16% increase.

Goal 3 – to secure adequate income to meet expenses; goal was met, with carryover to 2012-01

Goal 4 – to upgrade the website; some changes were made, some were not

Goal 5 – to have 40 students in Education Program – incomplete information from informal classes; goal may not have been met.

Goal 6 – To have a minimum of one All-Star event each month; during riding months at least one was held

Goal 7 – to increase percentage of members actually riding; goal not met

Goal 8 – to donate 10% of income to advocacy organizations; goal exceeded (\$1600 donated)

Goal 9 – to increase participation in community projects; after strong attempts, goal was not reached.

Goal 10 – resume publishing the newsletter Rollin'; goal reached.

### Session 2: Non-Social Events

1. To produce new, original designs for note cards for the sunshine Committee to use.
2. To add Swerve and Bike Authority as Honorable Members of the club.
3. New Sunshine committee guidelines were passed.
4. A distribution plan for membership and other literature was agreed.
5. Tentative dates were set for the Adopt-A-Highway program.
6. Add board photos and non-cycling event calendar to the website; other changes proposed.
7. The formal Bike Ed program will be modified into a more modular form, allowing for more members to participate.



### Session 3: - Social Events

1. The creation of a new Social Committee will be explored
2. 2012 Club Meetings were scheduled with program chairs for each.
3. Dog Days Wine Tour will be similar to 2011; advertising the event has been increased; a new Dog Days Jersey will be made available for purchase (prepayment only); a Double dog dare tee shirt will be developed; possibly live music will be added to the cookout in the afternoon.
4. The 2012 Banquet was scheduled for Thursday, December 6 at Tom's Country Place.
5. Social Events to be added to calendar include the Ride Leader Appreciation Picnic and an annual Founding Day event (April 15)
6. Merchandise: a new tee shirt will be designed and printed to commemorate the club's 15th year.

### Session 4: Ride Events

1. All-Star rides for during the riding season have been scheduled.
2. Non-club rides approved for the calendar include: AFROST, JJJ, Roast Your Buns, Red Flannel, PEP, GOBA, HHH, and Medina Ice cream Ride.
3. On days of All-Star Rides, other rides are not to be scheduled.
4. Changes were made to the definition of the YOYO ride concept.



### Session 5: Mission Review and Goals for 2012

1. The mission does not require any modification at this time
2. All literature should be reviewed and modified to better reflect the overall membership of the club.
3. Gary Schmitt volunteered to coordinate photography activities for the literature modifications.

### Goals for 2012

- Goal 1: To retain 80% of the membership  
 Goal 2: To increase overall membership by 10%  
 Goal 3: To secure income adequate to cover expenses  
 Goal 4: To upgrade the website with Board and Leadership Photos  
 Goal 5: To reach 40 individuals through the education program  
 Goal 6: To have a minimum of 1 All-Star event each calendar month  
 Goal 7: To increase percent of members riding  
 Goal 8: To donate 10% of net income to advocacy organizations  
 Goal 9: To participate in the Lorain County Metroparks Holiday Lights program with a display  
 Goal 10: to publish the newsletter monthly  
 Goal 11: To update the public image of the club to reflect membership



## Gotta Love This:

### Woman Steals Her Own Bike Back From Craigslist Thief

A Colorado woman took matters into her own hands when her bike was stolen from outside of a Boulder sports bar. She tracked down her stolen bike on Craigslist, pretended to be an interested buyer and stole back her own bike.



Kathryn Lucas, 25, parked her bike outside of a bar where she went to watch a University of Colorado football game on the night of Oct. 4, according to ABC News' Denver affiliate KMGH.

When she left the bar to head home, she discovered that her black Trek 1.2 road bike was missing. After filing a police report, she and her roommate began searching Craigslist to see if the thief was trying to sell the bike. Sure enough, Lucas found a posting with a photo of her bike. She immediately recognized her bike's red handle-bar tape and her water bottle holder.

Lucas responded to the Craigslist ad, pretending to be an interested buyer. Minutes later, a person using the name "Lance Robinson" responded with his phone number and instructed her to text him so he could send her his address.

On Sunday, Lucas went to the man's apartment complex and asked if she could test ride the bike. "I started riding it and knew it was my bike, so I just kept riding it," Lucas told KMGH. "I rode it to my car and then threw it in my car and drove away."

Lucas said she had not been planning on

getting the bike back that way, but took advantage of an opportunity and made a spur-of-the-moment decision.

"They were a lot bigger than I thought they were," Lucas said. "I thought it'd be like a little person that stole bikes and I'd be like, 'Hey, I called the police and that's my bike and you're trying to sell it to me,' but I just took it for a ride and went with it."

After she had recovered her bike, Lucas called the police and gave them the thief's address. "Lance Robinson" turned out to be 18-year-old Denzel O'Neal Crawford, who did not have a prior police record.

Crawford was arrested, confessed to stealing the bike and was released on bond. Police also told Lucas that, though her recovery mission was successful, it was not a tactic they recommend, according to KMGH. "They told me for future reference that I probably would not want to do that by myself," Lucas said.

## New 15<sup>th</sup> Year Commemorative Tee Shirt Available

As Silver Wheels clocks in another year we will be passing a milestone – our 15th year. To celebrate the occasion we are offering members a nice tee shirt to show off your club and your part in it. The tee shirt is a wicking polyester fabric suitable for riding in – it won't hold sweat like cotton shirts do. The shirt is available in six colors and five sizes. The cost is only \$10 each and can be ordered through the club treasurer, Kathy Yourkiewicz.

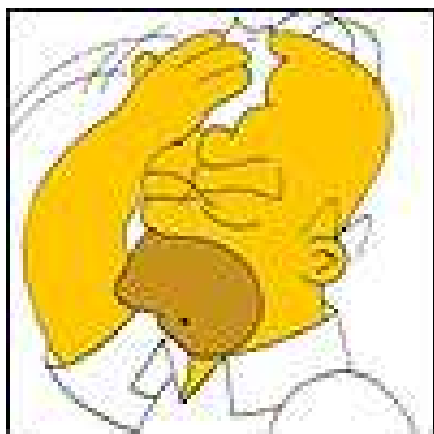
An email was sent to members recently announcing the shirt along with colors and an order form. You can order as many as you like in as many colors as you want.

The slogan on the shirt, "**Where there's a wheel there's a way.**" is taken from 'where

there's a will there's a way' of course. That thought can be applied to the use of a bicycle: if you can bike, you can find a way to work, to play, to shop, to meet new people, to be healthy, to get more out of life. Pretty much the philosophy of our club.

Information about the new shirt and how to order it will also be on the website.

## SHEESH, WHAT NEXT??



## Ring My Bell: New Bike Reads Your Mind

Thursday, December 1, 2011 4:01 pm

Written by: [Erica Orange](#)



"It's just like riding a bike" takes on a whole new meaning with a concept bike from Parlee Cycles and Toyota. That's because this bike

isn't like all the others: It possesses the power to **read your mind**.

Even though the bike looks completely normal, the headgear is a dead giveaway. Like something out of a sci-fi movie, the "neurohelmet" comes equipped with plastic "tentacles" and metal sensors that are oh-so-comfortably pressed against the cyclist's scalp.

With minimal training -- and perhaps a little sweet talking? -- a cyclist can shift the gears on the bike with just a thought. One type of brain wave instructs the bike to shift downward, while another type causes it to shift upward. It definitely takes some practice, so until your mental powers are refined, prepare to be tossed over the handlebars, steered into a giant pile of leaves or flung into the side of a parked car.

What's novel about this mind-reading bike, however, is not the technology itself, but the way all of the technologies have been mashed together. Here's the equation: a smartphone + a widely-available app (which monitors the rider's heart rate, pace, speed, brain waves, and even cycling habits) + some geeky-looking neuroheadsets (made by Neurosky and Emotiv) = 21st century tech wizardry.

And for this specific project, a lightweight laptop was slipped inside the back of the cyclist's jersey so that it could "talk" to the neuroheadset, the smart phone app, and the wiring inside the bike.

Rest assured there is a built-in failsafe, too: If the brain waves are ever misinterpreted, the cyclist can switch a setting on the smart phone app to manually control the bike.

While this "PXP" design will not be sold on the market, "neurocontrollable" things -- including future bikes, gadgets and even prosthetics -- will likely become more commonplace. In fact, Parlee plans to release a new road bike in 2012 or 2013 inspired by the PXP design.

What the bike cannot do is read the minds of the motorists that pass by your two-wheeler on busy streets. But we all know what those minds are thinking.

**Got something you'd like to sell?**

**Looking for something?**

**Want to trade something?**

**This is the place!**

**To place your ad send the information to:**

**[bikespokin@gmail.com](mailto:bikespokin@gmail.com)**

**If you include pictures please try to send them in MS Word Format**

## **CLASSIFIED ADS**

### **FOR SALE**

Bianchi bicycle-----Boardwalk model-----20.5" (52 cm)



Female-1 owner  
Low mileage  
New Spiderflex Saddle  
New gear shifter

**\$275**  
**CONTACT CINDI @ [440-934-6232](tel:440-934-6232)**

### **FOR SALE**

Raleigh SC 40 Bike....about 6 years old  
Lightly used on canal bike paths  
26"x1.95 (50x 559) trail tires **\$75**



Avenir (comfort Plus) bike seat  
**\$ 5.00**

One Bontrager Sport Bike (26" x 13/8") tire  
NEVER used..... **\$2.00**

**CONTACT GARY SCHMITT [216 701 4283](tel:216-701-4283)**

### **FOR SALE**

Two identical Sella Italia Turbomatic black saddles  
Both are in excellent condition. One has slight scuffing on the nose of the saddle.

New price ~ \$100 ea.

My price \$20 ea.



New price ~ \$100 ea.

Your price **\$20 ea.**

**ALSO**

Brand New Shimano Ultegra Front Derailleur  
in box, never mounted. \$20

Blue & white Trek/VW jersey size XL, but runs small.

Worn 3-4 times

Like new \$15

**CONTACT LARRY @ [440-288-8554](tel:440-288-8554) or [bikespokin@gmail.com](mailto:bikespokin@gmail.com)**

# RIDE FOR WORLD HEALTH



*Ride for World Health is a charity made up of Medical Students and MDs from The Ohio State University. They organize rides across the nation as well as weekly and daily rides. Contact them at [rideforworldhealth.org](http://rideforworldhealth.org) for more info on their 2012 rides. Their mission statement is below. Email them & take a ride.*

## Advocacy and Education

Ride for World Health believes that there is a disparity of resources affecting access to basic healthcare at home and abroad. As physicians of the future, we are dedicated to creating sustainable solutions that empower patients through education and access to resources. R4WH raises awareness of the following issues through its Coast-to-Coast Lecture Series and global health curriculum.

## Healthcare Access

Universal healthcare is a necessity, but we are mindful of the need for financial sustainability. R4WH believes that the goal of providing universal healthcare in the United States can be most practically achieved through legislation that expands existing federally-funded state programs, offers Medicare for all, and/or allows all Americans to buy in to the Federal Employee Health Benefits Program (FEHBP).

## Poverty and Disease

Poverty is the single greatest barrier to health. Half of the world's population lives on less than two dollars per day with inadequate access to basic needs such as nutrition and safe drinking water. By reducing the burden of debt on poorer countries, supporting the United Nation's Millennium Development Goals, and implementing community based solutions, we can begin to address the problems of poverty.

## Infectious Diseases

Despite advances in our understanding and treatment of the disease, HIV/AIDS remains a growing problem. The prevalence of HIV in sub-Saharan Africa is equal to the prevalence of obesity in the United States. R4WH believes that this seemingly overwhelming problem can be most effectively resolved by increasing access to treatment, building community infrastructure, improving education, relieving poor countries' debts, and supporting effective programs.

## Women's and Children's Health

Global social and cultural environments have perpetuated an inequality in the allocation of healthcare resources for women. We believe that equal healthcare for women is a basic human right and that these disparities can be overcome by education, addressing violence directed toward women, promoting sexual autonomy, and protecting civil rights.

